

# Clay Youth Football Speed, Agility, and Athletic Development Camp

We are proud to announce Darren Reaves former CCHS, UAB, Carolina Panthers, and Kansas City Chiefs running back will be helping lead our sessions!

What:

- Speed and Agility Technique and Drills
- Flexibility and Stability Training
- Age Appropriate Functional Body Weight Strength Training

Who: Rising 2nd - Rising 7th Grade Athletes

Where: Clay-Chalkville High School Stadium

When: Each Sunday in June + July (July 1st off) 4-5:15 pm

Fee: \$60 (siblings \$30)

Please contact Michael Ryan @ 205 482-0329 with questions.

Payment will be taken on the first day of Camp. Checks made payable to CCHS Athletic Booster Club.